

DR. A. T. STILL.

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DR. A. T. STILL'S DEPARTMENT.

THE DRAGON OF IGNORANCE.

A PPEARED from the muddy waters of that ocean whose surface never sustained a compass by which reason was pointed to any shore. This dragon of tyrannical stupidity closed his eyes and ears to the panorama of the eternal beauties in form, paintings and decorations of color.

This dragon hates and dreads reason, and would sacrifice the child of thought upon the altar of his selfish ambition. He seeks and labors to dwell under the dark clouds of fog. The black smoke and deadly gases are his breath and happy dwelling place. He hates and would kill the child whom he finds sitting in the bright light of the ascending sun of progress. He hates the mother whose body gave that child birth, who unbosoms her breast with milk and love to nourish and encourage that child whose choice is light in preference to darkness. His amusements are the groans, shrieks and moans of that child's loving mother. That dirty old dragon has prostrated nations that were flowered and perfumed with learning, prosperity and progress. He has burned the manuscripts and books of the literati of the world. Like a blood-hound no foot-prints of intelligence can grow too old for his ability to keep on their tracks. He makes hideous gods who are minus of all that is good and lovable; strengthens their arms that they may destroy all that do not love such gods. He was never known to create a god whose love extended beyond the personality of a brute. In his god making he left out every principle of kindness, intelligence and love, except that of his own foolish dogmatism. He would destroy all who sought to acquaint themselves with that God who creates and qualifies all his beings to live and labor for personal and universal comforts. He is always busy traveling from nation to nation. He is very fond of whiskey, beer and wine. He is a successful general; he attends to but one business and that one business all the time. He dynamites, shells and destroys

every fort in which he finds liberty and reason. He hates man and all men whose day-star is intelligence, whose eyes observe, minds comprehend and tongues speak the beauties of nature. He hates that God in whom reason dwells. He is never so happy as when he builds and armors a fort and knows it is well officered with well drilled bigotry; he knows such generals will make and keep him happy. He is so jealous of man's happiness and brotherly love that he will destroy the usefulness of the assembled statesmen with his drunken bitters, and is never more happy than when he receives the tidings that his chief executive is on a drunken spree.



FLUX, (BLOODY DYSENTERY.)

FLUX is common in all temperate climates. It generally shows its true nature as dysentery, after a few hours of tired feeling, with aching in head, back and bowels. At first nothing is felt or thought of more than a few movements of the bowels than is common for each day. Some pain and griping are felt with increase at each stool, until a chilly feeling is felt all over the body, with violent pains in lower bowels, with pressing desire to go to stool, and during and after passage of stool a feeling that there is still something in the bowels that must pass. In a short time that down pressure partially subsides and on examination of passage a quantity of blood is seen, which shows the case to be "bloody flux," as the disease is called and known in the Southern states of North America, or bloody dysentery in the more Northern states. It generally subsides by the use of family remedies, such as sedatives, astringents and palliative diets. But the severity in other cases increases with time, there is greater pain, discharges have more blood mixed with gelatinous substance even to mucous membrane of bowels, high fever all over except abdomen which is quite cold to the hand. Back, head and limbs suffer much with heat and pain, much nausea is felt at all motions of the bowels. Bowels change from cold to hot even to 104, at which time all symptoms point to inflammation of the bowels, the colon in particular, at which time discharges grow black, frothy and very offensive from decomposition of blood. Soon collapse and death close out the case, notwithstanding the very best skill has been employed to save the life of the patient. He has tried to stop pain by opiates and other sedatives, tried to check bowels by astringents, used tonics and stimulants, but all have failed—the patient is dead.

But a question for the Osteopath: At what point would you work to suppress the sensation of the colon and allow veins to open and let blood return to heart? Does irritation of a sensory nerve cause vein to contract and refuse blood to complete circuit from and to the heart? Does flux begin in the sensory nerves of bowels? If so reduce sensation at all

points of bowels, stop all over-pluses, keep veins free and open from cutaneous to deep sensory ganglion of whole spine and abdomen. Remember the fascia is what suffers and dies in all cases of death by bowels and lungs. Thus the nerves of all the fascia of bowels and abdomen must work or you will lose all cases of flux, for in the fascia is all the soothing and vital qualities of nature. Guard it well so it can work and repair all losses, or death may begin in the fascia and pass through the whole system.



THEY NEVER DIE.

KIND words like rivers of life are the odors of thought, the dews and muscles of durability, the stay and comfort of the worrying man or woman who tries to reason or travel a road that runs through the forest of darkness, that must be crossed by all who see the lights beyond the brush of the untrodden paths of faith and logical truth.

A kind word lightens the weighted and sinking heart until it can run to the harbor of rest. One kind word is water to the fast wilting tree of hope. There are a few in my heart whose duration has been many years, and are cherished today as rivers of joy, on whose surface float great streams loaded with unspeakable thanks for him, or her, whoever gave me a smile and held even a lamp on shore to guide my boat to the stoneless channels of safe delivery. Those mites from a friend dropped in my cup which I drank as a famishing being, relished, as none other could, but he who had cruised in seas great and small for truth. I think of those smiles and cheering words as the brightest stars and gems of all my days. Our great word "love" fails to express my feelings to those that said, "merit is the choicest jewel of all lives," and will attend all funerals of opposition, because it cannot die, no never! Give me your kind words and keep all else; and when I am dead and my tongue loses its power, I will ask the bones of my tomb to thank you for them.



OLD AS TIME, TRUE AS GOD.

CAUSE and effect as law, are just the same; a thousand years shows no rust. Each day the "man of God" has added to his powers heavier drafts of knowledge, and of the kind that is useful—a kind that will dilate or contract, and eject all unsound and useless words or teachings.

I have said the "man of God" because he cannot be anything else and possess an existence. His existence in form is the effect of life; the cause antedates him by mind and deed. His construction and action in completeness prove conclusively that thought and cause preceeded his coming. He is the effect, and debtor to cause. If he is the result of cause and cause is

eternal, and effect also, why not say the race of man is eternal?

With no conclusive evidence that man's existence is as old as cause, his life, or spirit, must be the cause of his form. His form is an effect which was produced by the cause commonly known as life. Cause has no beginning, then by cause and being of cause, he is eternal; and as such is bound to pass all the mile posts of coming eternity, as he has those of the past.



A CONTEMPORARY conglomerate Medical Journal has said that inside of five years there will not be an Osteopathic school in existence that has not medicine attached to it. We will acknowledge that there is danger of the sow returning to her wallow. With the many that have graduated from the American School of Osteopathy there have been many kinds of heads. Some have brains enough to resist, while others are weak. Some are great thinkers, some are great fools, some have less honor than a hyena, they would crucify all truths, lie to their patients, administer morphine, whiskey, blisters, or any other damnable drug if they could make one dollar or one cent by crucifying every principle of truth. Such animals have been in and gone out from this institution. They brought their drugs and dishonesty with them and will break every injunction of the ten commandments of Holy Writ, and tell a bare-face lie to any old woman, man or child, if they can get one copper more by so doing. They are not now, never have been, and never will be anything but Osteopathic-medical dummies. If Osteopathy ever dies it will be by the encouragement it receives from such unthoughtful, conglomerate concessions who know that God's work is mechanical in form in all things, and the results of the chemical laboratories placed in man and animals are sufficient for sickness or health, or your God is not perfection as commonly taught. You may serve such red-nosed mutton-head gods; I have no use for them or their friends. The God of pure Osteopathy keeps no saloon, practices no deception and tells no lies.



ANSWERS TO QUESTIONS.

I FEEL to answer through the JOURNAL questions that are asked by thousands of persons annually. And as time adds days and years the number of persons who ask those questions have multiplied to such greatness in numbers that is absolutely impossible to find the time to answer them in detail. And I am not sure that I can answer all of them through the JOURNAL, but will try and so arrange that a few of the most common ones will be answered as best I can.

By my method of reasoning I arrive at the conclusion that man was, after receiving his form, like unto the world on which he dwells, and that in his body could be found all the mineral, vegetable and animal substances

that could be found in the beast of the field, the fowls of the air, fishes of the sea both great and small, in short all that was contained in this and all other planets and beings, from the throne of God (himself included), to the lowest form of animated beings; that in the human being all attributes of mental and physical were represented in kind.

With this conclusion I proceeded and did obtain what I have proclaimed and proven to be truths universal in kind and action, submitting to and being governed by one common law. I reasoned that all effects as are shown in disease with the result of the productions of the truths of the one great common law, mind and motion expressing themselves through matter. Motion is an effect of life with its powers. Disease in any form or presentation was another effect. Conception of beings, diseases and worlds, were the biogenic answer of the wombs of nature either large or small, believing while I was in the chambers of sober and intelligent nature where honest reason only can dwell, that it was safe to follow the teachings of that principle that made no mistakes that I could detect.



THE world's systems of cures by drugs are now and always have been based on three principles, namely: opiates, purgatives and stimulants. And the difference there is in the schools of medicine are about all told in the quantities to be given. All give deadly poisons but try to get the same results. Allopathy starts the ball to rolling by big pills, Eclecticism the same, but claims that vegetable medicines are better than mineral preparations. Then the Homeopath closes by pills of less size, and if they fail he drives morphine under the skin and spills it in the fascia, which carries the opium to the brain and produces effects by paralyzing sensation. And on these three principles all depend.



CONTENTED IGNORANCE.

A PERSON who learns just enough to make money enough to live on and gives no farther attention to mental researches, drifts to a condition of satisfaction with doing today what he did yesterday. He is easy and his mind dreads to study, his body takes command of all his mental energies; he goes no farther and finally stops at the place that he should rush his mind to the greatest activity. But he has tasted ease and enjoys ignorance. He plays chess, drinks wine, sleeps well and comes out on cloudy days to give light by way of giving the sun rest. He feels his dazzling brilliancy and wants all fraternities to join the funeral procession that retires his shining mind from the people who will miss his solar rays and comforts, the satellites of that great head who gave so much light even to fixed stars, and makes the babes say, "Twinkle, twinkle little star." Your life is short but the book of nature is long and full of life and joy.

"MEDICAL OSTEOPATHY."

MANY uninformed persons are asking themselves the question, should drugs and Osteopathy go together? Those who ask this question are of the class but little posted in the science of Osteopathy. If drugs are right Osteopathy is all wrong; if Osteopathy is anything in the healing of diseases it is everything and drugs are nothing. This may seem a bold assertion but there is not a true Osteopath living who will not back up the assertion. The man who pretends to be an Osteopath and at the same time uses drugs wants the dollar and is neither an M. D. nor an Osteopath. If he must depend on his drugs at all, why not be honest and depend on them wholly and not attach D. O. to his name in order to draw custom.

Osteopathy and drugs are so opposite that one might as well say white is black as speak of Medical Osteopathy. You can no more mix medicine and Osteopathy than you can oil and water. The man or woman who has this science deeply imbedded in his or her heart and head, who understands its principles, would blush for shame to be called a "Medical Osteopath."

Nevertheless there are certain schools which pretend to teach medicine and Osteopathy. They are said to be the Medical Osteopathic Institutions, which like the bat are neither bird nor beast, and have no classification. They are mongrel institutions, snares, set to capture the unwary and unthinking.

Let us look at the question with calm and unprejudiced minds for a few moments. To acquire a complete Osteopathic education will take two years. Two years is the very shortest time in which the very best trained minds can cover this wonderful subject. What we say is the observation of educated ladies and gentlemen who have gone through the course of study. They admit that two years is short enough.

To acquire a medical education requires four years, as approved by the best medical colleges. There are some which still cling to the three year rule, but all of the best have raised the standard to four years. Now if you intend to be a medical doctor I would advise you to go to the very best medical college, where you will have to study four years before you can get a diploma. Say that you want both medicine and Osteopathy, then in order to be perfect in both you must put in four years in medicine and two in Osteopathy, making six years in college to complete both sciences. If this is true doesn't any sane man or woman know that no school can instruct in both sciences in two years? The man or woman who pays his money into such institutions gets neither medicine nor Osteopathy, but a smattering, enough to make a first class quack.

But some may argue that you might double up on some of the studies; that Anatomy for the Osteopath would do for the M. D. This would only be shortening one year, which would make it five years. Then again, suppose you attend one of the cheapest of medical colleges with only three years, and allow-

ing one year for doubling in anatomy, there is no system of deduction known on earth which would place the term shorter than four years, which these people attempt to teach in two years.

I have so often laid down the law that Osteopathy is hostile to the drug theory that it seems almost superfluous to repeat it here. Every man and woman sick and tired of drugs, opiates, stimulants, laxatives and purgatives has turned with longing eyes to this Rainbow of hope. It has been held out as free from whiskey and poisons, and yet these Medical Osteopaths are trying to paint this rainbow with calomel and perfume it with whiskey. It seems strange that divines who make spread eagle speeches on temperance, who claim to love Osteopathy because it is strictly a temperance method of healing, should so far lose their self control as to lead off after the false god of drugs. Are they any better than the man who makes temperance speeches to the public for which he is paid, then takes a drink in private just to stimulate him for another tirade on whiskey? To those pious Osteopaths who mix medicine with Osteopathy, we might quote the following,—Matthew XXIII-14 and 15.

"Woe unto you, scribes and Pharisees, hypocrites! for ye devour widows' houses, and for a *pretence* make long prayers, therefore ye shall receive greater damnation. Woe unto you, scribes and Pharisees, hypocrites! for ye compass sea and land to make one proselyte; and when he is made, ye make him two-fold more the child of hell than yourselves."

What Christ addressed to the Pharisees might be very well spoken of the men who pretend to believe in Osteopathy as a health producing, life saving temperance science, and then wed God's cure with the ignorance of drugs which debases and ruins mankind.

I wish to quote a little of history here, in connection with Osteopathy. About the time I had discovered and perfected the science of Osteopathy, there came to me a man who had suffered with asthma for twelve long years. His case was a serious one, but I cured him in a short course of treatment. This man had been a teacher in a country school, a peddler of lightning rods and a real estate agent. The lightning rod on my house today bears evidence of his skill as a lightning rod manipulator.

He desired to enter on the study of Osteopathy and I took him in as a student, and while under my guidance the ex lightning rod peddler could treat with some success. About the year 1893 or 4, this student left me and set up to practice what he called "Boney-Opathy," under the control and management of "ZENO OF ATHENS," a gentleman who died some 2000 years ago. It was, I think, in 1894 or '95, when he disappeared very suddenly, and next was heard from at a medical school which was expelled from the national association on account of its low standard as a scientific institution.

After two or three years study in the medical college he in 1897 went west to establish an institution to which he proposed at first to give a new name. But after various deliberations and consultations with his managers, they decided on having the word Osteopathy attached to it, because Osteopa-

thy had won considerable reputation. There was money in the name Osteopathy. Was this really honest? Can the institution be an institution of Osteopathy, when it teaches the very evil which Osteopathy cures, viz. drugs? Yet, unfortunately there are many so unwise as to be deceived into the belief that black and white could blend and each preserve its individuality.

There is another institution in a neighboring state, pretending, to give a course in Osteopathy and medicine in two years. The president of the institution is not an Osteopath, never graduated in any Osteopathic school, but is a masseuse. As a proof that these people teach massage instead of Osteopathy, they recently advocated in a magazine that treatments should be from thirty to fifty minutes; the time required for a masseur but not an Osteopath.

In looking over the faculty one sees surgeons, M. D.'s and practically, but one or two Osteopaths. Can such institutions be called Osteopathic colleges? If it takes two years of hard, very hard study to acquire a knowledge of Osteopathy, then why waste half that time in medicine? If it takes three or four years to learn medicine, is any man or woman insane enough to suppose that by adding another science the whole can be learned in two years? Such an idea is too preposterous for discussion. When it comes to the legality of the diploma's issued by such institutions they may be questioned. To be an Osteopath one must be a graduate of a regularly chartered college or school, where they are required to be in actual attendance and study the science in its manifold branches for two terms of ten months each. If you have studied Osteopathy ten months, and medicine ten months, you are neither an Osteopath nor a medical doctor, and who will say you are legally qualified to practice in States that have adopted laws for the regulation and practice of Osteopathy. No true Osteopath can believe in medicine, the very evil it is to regulate. If one wants an Osteopath to treat his ailments he wants a true Osteopath and not one who is a half and half. If one wants a medical doctor he will secure a graduate from a real medical college, not some half and half who is nothing.

If you are going to be an Osteopath don't be a sham, but a genuine Osteopath. Put all your time on the study of the science in some reputable school and when you have graduated have a diploma of which you will not be ashamed, and which the law will recognize and give you its protection.

Take an unfinished course in a mongrel school and will not your conscience always whisper that you are a law breaker.

A. T. STILL.

THE HOUSE IN WHICH WE LIVE.

MRS. NETTIE H. BOLLES, D. O.

THE following article was published in 1894, in the first volume of the JOURNAL OF OSTEOPATHY. It was written by Mrs. Nettie H. Bolles, at that time editor of the JOURNAL, but now an eminently successful practitioner of Osteopathy at Denver, Colorado. We reproduce it here on account of its excellent and vivid portrayal of the wonders of the "House In Which We Live," believing it will be appreciated by the many thousands of new readers of the JOURNAL who have never perused it:

No intelligent person of today questions the importance of an acquaintance with the structure and functions of the human body, the principal organs it contains, and a general knowledge of the laws governing their well-being.

We, of the nineteenth century, with all our boasted civilization—with the many improvements for the health and comfort of our bodies, have yet much to learn. Our cities have their inspectors for the different branches of sanitation, inspectors to test the quality of food we buy, and the purity of the water we drink. The proper ventilation and sanitation of our dwellings are constantly studied. Each inmate is made to understand the modern appliances for regulation of the temperature, ventilation and drainage, and how to use the heat, light and water furnished in our modern houses.

But this true "House in which we dwell," how few understand its appliances! It may be faithfully said that no dwelling e'er built by man has so many "modern conveniences" as his own body. There is nothing yet invented or contrived by the ingenuity or skill of the artisan, for the comfort and convenience of his home, that is not foreshadowed, and generally surpassed, in the arrangements of the human body.

The first thing to be considered in the house proper is its skeleton or framework. The literal meaning of the word skeleton is "dry" and so it may appear to the majority, but to the student of Osteopathy there is much to be learned and to be remembered about even the smallest bone in the human anatomy. To him the skeleton has none of the horrors felt by those not interested in its study. It calls to mind no thought of "some charnel-house o'er covered quite, with dead men's rattling bones," but rather inspires wonder and admiration for the Divine Creator who so wisely planned the arrangement of the beams and rafters of our mortal home. Infinite are the problems that would arise if it became the work of human hands to put together such a building, supported upon a framework of some two hundred timbers, of such various structure, shapes and sizes. Yet by the Master Builder they are all fitly joined together; and like all of His work, it is well done.

"Knowest thou the nature of the human frame,
That world of wonders, more than we can name?
Say, has thy busy, curious eye surveyed
The proofs of wisdom there displayed?"

The human skeleton may be considered an irregular conical cage, with the lower part of the front taken away, and having at its bottom a shallow basin, the pelvis. Attached to the top is the skull and to either side the upper and lower extremities.

There is no standard classification of the bones to the human body, all classifications being comparatively arbitrary. We shall follow that given by Gray. For convenience, the bones of the body are classed according to their location, also according to their form; namely, the long, the short, the flat and the irregular bones. The long bones of the arms and legs are designed to act as levers to move and propel the body. Their great strength combined with lightness is due to their being hollow, since columns support weight directly in proportion to their diameter, and inversely to their height. Where much strength in small space is needed, the bones are short and thick. The flat bones serve to cover cavities such as the chest and head, and to protect the delicate organs they enclose. Many of the irregular bones give shape to, and preserve the form of the body, and are adapted to give firmness and strength without great weight.

The bones of the upper extremity are grouped in six sections: (a) shoulder, comprising clavicle and scapula. (b) The upper arm or humerus: (c) Forearm, radius and ulna. (d) Wrist, comprising eight carpal bones. (e) Palm, or metacarpal. (f) Fingers or phalanges. It takes thirty-two bones to form each arm, which is an instrument of such intricacy that all the patent offices of the world contain no model of anything that can be compared with it.

No less interesting are the bones on the lower extremity, which hang from little hollows in the hip bones, each of which is called an acetabulum, or little cup, and corresponds to the glenoid cavity or socket at the shoulder joints. The analogy between the arrangement of the bones of the arm and leg are very close; we have the same division into six sections; (a) hip, comprising the innominate bone and Poupert's ligament, (b) thigh or femur, (c) leg or tibia and fibula, (d) ankle or tarsal bones, (e) foot or metatarsal, (f) toes or phalanges. The patella or knee-cap has its counterpart in the olecranon process of the ulna, which helps to form the elbow joint. The femur is the longest and strongest bone in the body, and bears the entire weight of the parts above at every step.

In the back-bone, or "spine of the back" as Widow Bedott called it, we have the most intricate piece of mechanism in the body. Infinite wisdom has fastened together thirty-three small bones in such a manner as to form a supporting column for the weight of the head, the arms, the chest and most of the abdomen. These small bones, called vertebræ (from *vertere*, to turn) so called because they permit the body to turn on them as on a pivot,

are really a series of levers, closely fitting one to another, firm, strong, yet flexible and elastic, enclosing within a tube-like canal, the spinal cord, while at the sides of this canal are apertures for the passage of the nerves. There are five divisions of the spinal column, the upper seven bones are called the cervical, then twelve dorsal, five lumbar, five sacral and four coccygeal. The two last divisions become solidified in the adult, and are considered as forming two bones, the sacrum and coccyx, sometimes called the false vertebræ, to distinguish them from those above which remain movable. The construction of this spine has been the wonder of anatomists of all ages. It might have been made a single straight bone, but fortunately for us it was not. Instead, it permits bending and straightening the trunk, lateral motion of the body, and a rotary movement enabling us to twist the trunk nearly one-fourth of the way round. It will support a heavy load, and yet will bend like rubber, combining flexibility and firmness, two qualities difficult to unite. There are four curves in the spinal column which break the force of any jar or sudden movement likely to injure the soft parts of the brain by shaking them against the skull. Between all the vertebræ are cushions of cartilage, the intervertebral fibro-cartilages, which perform an important part in guarding the brain from shocks, and also serve to unite the bones and allow greater freedom than if they were in closer contact. Each individual bone of the spinal column is worthy of close study—each has points of interest peculiar to itself, but we can here give only passing notice to those having most marked characteristics. The first vertebræ, upon which the skull rests, is called the atlas. It is firmly attached to the occipital bone of the skull and rotates upon the second vertebræ or axis. Its spinal foramen is divided into two parts by the transverse ligament which holds in place the odontoid process of the axis—a tooth-like projection from the body of the axis which serves as a pivot upon which the atlas rotates. The dorsal vertebræ are characterized by facets on their bodies for the attachment of ribs, the first one articulating with one whole rib and half the second. Then as far as the tenth the vertebræ receive half the articulation of the rib above, and half the one below—the tenth, the eleventh and twelfth each articulate with the corresponding rib. The vertebræ increase in size from above downward, in proportion to the increase of weight to be supported, and they are secured by the powerful ligaments extending the whole length of the column, and by the interlocking of the articular processes or projections of the vertebræ. Upon the fifth lumbar rests this triumph of mechanism, as a great building upon its corner-stone. Upon its proper setting depends the safety of the whole structure.

In the arrangement of the skull for the protection of the brain the form best adapted to resist pressure is found. Architects tell us that the skull is so put together that it will resist the greatest amount of pressure with the smallest weight of materials. The thickest portion, where the most important part of the brain lies, the projections, depressions, and apertures for the

safe passage of the nerve and blood vessels exhibit a perfection of mechanism worthy of the Divine Architect.

The bones already mentioned are those principally called into action in the running of the machinery of the body. The others serve for the attachment of the muscles and the preservation of the form. Each bone of the skeleton is securely wrapped in a covering called periosteum (meaning around the bone.) It has the appearance of a dense sheet of bluish white rubber in which are packed the blood-vessels feeding the bone. When separated from the bone its inner surface is seen dotted all over with red specks which are the bleeding ends of these minute vessels. The periosteum not only furnishes the bone with food and clothes but with glue for repairs. In case of fracture this glue unites the broken edges so well that the place becomes stronger than before.

In this house of ours we find everything needful just at hand and the materials are put just where their qualities are most needed. The beauties of color and form of this earthly habitation vie with the workmanship of the Roman or Florentine artist. The tissue or tapestries of our home are more wonderful than those of the Gobelin factories.

No matter what our work in life may be, whether scientific, artistic or domestic, no matter what our station, we have but the one body to inhabit. Is it not well, then, to study its construction and adjustment, that we may be the better prepared to care for and preserve this "House in Which We Live?"

EXTRACTS FROM A LETTER IN REGARD TO OSTEOPATHY.

MY Dear Friend:—I have felt there was much even for me, that was worth living for, and now that my wife is strong again under Osteopathic treatment, I need rejoice. I can honestly say that I have never yet envied those whose circumstances were better than mine financially, but rich and poor alike desire good health, and I am glad for all, that Osteopathy can heal our sick and deformed bodies untortured by nauseous medicines.

"Success—the Scales,—which to a thoughtless and often heartless judge signify all that is necessary to brand victory or defeat, would once have branded Osteopathy a failure, simply because its victories were unheralded and it had not assumed a place among the sciences.

"The unrecognized at first, may in the end win the laurels of fame, as Dr. A. T. Still and his science of Osteopathy is doing. Shakspear or his time knew not the full force and magnitude of his works. Bunyan, brand-

ed by a prison cell, left an allegory the ages will not dispense with. The ignominious death of Christ upon the cross was but his birth into Eternity, which justified by faith, satisfies the Christian mind that he also shall live again.

"Today the lack of appreciation by a skeptical world, augmented by the fallible practitioner of medicine, in regard to the scientific truths of the virtues and healing powers of Osteopathy is filling countless graves and prolonging by hours and months heartrending suffering and pain to those who lack faith in Osteopathy. And some even go so far as to ignore the evidence of existing facts, as did the heedless Jews who heard the testimony and personally saw the lame and blind and diseased healed by Jesus, and yet, after all that, failed to accept the truth.

"The labor of nearly thirty years by Dr. A. T. Still in the development of the science of Osteopathy has so thoroughly established it that he has not only cured thousands, but his graduates are likewise meeting with marked success, and to-day there are many who are studying for or have a diploma from his American School of Osteopathy at Kirksville, Missouri, while thousands testify in regard to their cures after all else had proven futile, and the learned M. D.'s had pronounced their cases hopeless.

"These are facts and hence indisputable evidence in regard to this science of healing without drugs. And yet, you may say, I am an enthusiast and do not consistently weigh this matter and that at best it is but a fad. If facts are fads, so be it, as I do not base my statements of Osteopathy upon other than facts, and that it positively cures the diseases man is heir to, more frequently and easier than medicine can; and it has met in the arena and vanquished many cases in which medicine has signally failed, while its Diplomates of Osteopathy are capable of successfully perpetuating its many merits.

A man's mind may conjure up theories and ideas (where one has not personally viewed the results of Osteopathy) adverse to this science, but when one comes to see and hear and know those who have been helped and cured, then why deny its potency? Therefore let us welcome this great boon to mankind, and thank Dr. A. T. Still for his courage to persevere and perfect Osteopathy.

Osteopathy is not massage, it is not magnetism or hypnotism, but an idea of what it is can be obtained if you will read the Journal of Osteopathy, and if one contemplates studying this science at the American School of Osteopathy, their catalogue will show you this science is in the hands of a very profound faculty with skilled professors, operators, etc., and its Infirmary has every facility for the care and cure of patients.

FRANK WESTON.

DEATH OF GOVERNOR F. A. BRIGGS, OF NORTH DAKOTA.

THE friends of Osteopathy, everywhere, will learn with sincere regret, the untimely death of Governor F. A. Briggs, of North Dakota.



GOVERNOR BRIGGS, OF NORTH DAKOTA.

In the prime of life and on the threshold of a bright and successful career as a public man and a statesman, he has fallen a victim to that most insidious of all diseases, consumption. He died at his home at Bismarck, North Dakota, on the morning of August 9th.

Governor Briggs was elected two years ago as chief executive of his state. He had previously served a term as state auditor. He was born in Minneapolis, Minnesota, in the year 1858 and was educated in the public schools of Minnesota. He

learned the printer's trade and worked at the case several years. In 1881 he moved to Mandan, North Dakota, and engaged in the real estate business during the boom days of Mandan. Tireless in energy, upright, affable, he gained the confidence of all with whom he came in contact. In 1884 he was appointed postmaster at Mandan. In 1886 he was elected county treasurer and was re-elected in 1888, 1890, and 1892. In 1894 he was elected state auditor and was chosen governor in 1896. He was frank and outspoken, never hiding behind subterfuges, never shirking responsibility, detected shams readily and recognized truth in whatever garb presented. His training from the days of newspaper apprenticeship had been intensely practical, and when Osteopathy was called to his attention he examined its claims without prejudice, and told both friends and opponents of the measure alike that if it passed he should sign the bill. "It was a good thing in my family and won't hurt anybody," was the way he expressed himself to the newspaper correspondents when they called to learn what he intended to do in relation to the measure then pending.

He was a young man and very popular in a state made up largely of young and energetic pioneers. Last year his health gave way and he was

compelled to seek rest and relief, but the sequel shows that his vacation came too late. In October and November of last year, he visited the A. T. Still Infirmary in Kirksville, for Osteopathic treatment, leaving in December for Arizona and California, for a milder climate in which to spend the winter months.

During his stay in Kirksville he made many friends by his genial and unassuming manner. On the evening of November 12th the students of the American School of Osteopathy tendered him a popular reception in Memorial Hall, and as a token of their regard and their appreciation of his friendly attitude toward Osteopathy in his state presented him with an elegant parlor lamp purchased by popular subscription.

After going to the Pacific coast, Governor Briggs' health, for a time seemed to improve, and his friends in North Dakota urged him to reconsider his intention to withdraw from public life at the end of his gubernatorial term. However, the day before the recent state convention, it was announced, finally, that he would not again be a candidate. His death followed close upon that announcement.

GOVERNOR STEPHENS AND OSTEOPATHY.

SOME of the enemies of Governor Lon V. Stephens, prompted no doubt by members of the medical fraternity, have attempted to make capital against him for his course in regard to the law legalizing Osteopathy in this state. A recent issue of the Jefferson City Tribune says:

"Gov. Lon V. Stephens has been unjustly criticised in some quarters of the State for signing what is known as the Osteopathy bill, which passed almost unanimously the last General Assembly. When his attention was called to this criticism, the Governor said:

"The bill regulating and licensing the practice of Osteopathy in the State of Missouri was introduced in the Thirty-eighth General Assembly and passed both houses by a small majority. This science was barely known by the people, as its promoters had introduced it but a short time prior to the convening of that session of the Legislature. The measure having passed that body by merely the constitutional majority, my predecessor, ex-Gov. William J. Stone, was induced to veto it. The proposition then went before the people. A new Legislature, the Thirty-ninth, was elected, and this bill was again introduced and passed over-whelmingly by both branches. In the House the vote stood 101 for the measure, 16 against, and 18 absent from the roll call. Of the 101 voting for the bill, there were two regular physicians. Six regular physicians voted against the bill and four regular physicians were among those who did not vote on the measure at all. In the Senate the vote stood 26 for the bill, 3 against and 5 absent. The total vote for the bill was 127.

"From this it is a clear indication, in my opinion, that the people of Missouri were for giving the friends of Osteopathy the protection of our State laws. The science of Osteopathy, as far as it has come under my observation, assists in relieving suffering humanity, and I do not think I erred in signing the bill. In view of the fact that such a majority of the General Assembly favored it, it would more than likely, had I withheld my approval, been passed over a veto.

THE NATIONAL ASSOCIATION OF OSTEOPATHS.

THE American Association for the Advancement of Osteopathy at its second annual meeting, met in Kirksville, Missouri, June 29 and 30, 1898.

Almost two hundred of the leading Osteopaths from all over the United States were present, and a wide-awake, enthusiastic meeting was the result. Scientific papers, addresses and the discussion of important Osteopathic questions occupied nearly the whole of the first day's session. After which the association proceeded to its regular business and then to the election of officers for the ensuing year.

Officers elected were as follows:

President—S. C. Mathews, D. O., Philadelphia, Pennsylvania.

1st Vice-President—S. H. Morgan, D. O., Florence, Colorado.

2nd Vice-President—G. L. Huntington, Minneapolis, Minnesota.

Secretary—Irene Harwood, D. O., Topeka, Kansas.

Assistant Secretary—N. F. McMurry, Kirksville, Missouri.

Treasurer—D. L. Clark, Kirksville, Missouri.

Trustees,	{	J. W. Banning, D. O., Burlington, Iowa.
		Mrs. F. T. Hannah, D. O., Lancaster, Mo.
		J. W. Henderson, D. O., St. Paul, Minn.
		W. J. Dann, Kirksville, Mo.
		H. E. Nelson, D. O., Louisville, Ky.
		T. L. Ray, D. O., Boise City, Idaho.
		F. E. Moore, Minneapolis, Minn.

The Association was not only thoroughly enjoyable, but in the highest sense beneficial to all, all feeling that they had been made stronger and that the real work of advancing the science of Osteopathy had been gloriously carried forward.

The Association adjourned on the 30th to meet next year on a date and at a place to be named by the Executive Officers.

Mr. N. F. McMurry, Assistant Secretary, will be centrally located at Kirksville, Missouri, throughout the year, and in close communion with all the officers of the association. All matters that should come before the officers should be addressed to him, and will receive immediate attention.

N. F. McM.

DISEASES OF A PATHOGENIC ORIGIN.

INDICATIONS FOR TREATMENT FROM AN OSTEOPATHIC STANDPOINT.

DAVID LITTLEJOHN, PH. B., M. D.

THAT there exists in this great universe such a class of organisms as bacteria, is a statement which we all appreciate. Indeed, they are so abundant that scarcely the smallest portion of the earth's surface can be said to be absolutely free from them. They are present in the air we breathe, and the water we drink. In fact, they are an ever present quantity.

This great class of bacteria or micro-organisms, is primarily divided into two chief divisions, viz. (a) Pathogenic bacteria, or those which, when introduced into the animal system are capable of producing disease. (b) Non-Pathogenic, or those which do not produce disease in the animal kingdom. Both of these divisions afford an excellent field for research, to those who wish to penetrate into the depths of the science of Bacteriology. But it is to the first division of this class, that we wish to refer in the present article, i. e. those which when introduced into the animal economy, are capable of producing a series of changes, in the structure of the tissues of the body of the animal, into which they have been introduced. And by virtue of these changes of structure, they produce an alteration in the physiological functions of the body, which gives rise, to what we term, the symptoms of the special diseases, which are due to the action of these micro-organisms, in the system of the individual.

This gives us an idea of the extent of the class of pathogenic bacteria. It includes all those micro-organisms, which, when they have entered into the body of an individual, are capable of producing an alteration from the normal, of the physiological functions, as well as, of the histological structures of the various tissues of the body.

That many of the diseased conditions of mankind, are due to the presence of certain micro-organisms in the individual, has been proved beyond the shadow of a doubt. So that it is unnecessary for us in the present condition of scientific enlightenment, to go into any extensive and detailed account, in order to prove the truth of this statement. Suffice it to say, that it has been demonstrated time and again, by thousands of scientific investigators in all parts of the world. We have but to mention the names of such men as Pasteur, Koch and Klebs, who are scientists in the highest sense of the word. When such men as these have demonstrated the fact, who is there among us who will gainsay its truth.

The further we proceed in our investigations, the more firmly convinced

are we of the important part that is played in the production of disease by these infinitesimal organisms we call bacteria.

Let us come down to some common every-day facts, which none of us can deny. We know that very many of the common diseases, such as, measles, scarlet fever, diphtheria, etc., occur usually in the form of epidemics. Although, of course, we do occasionally find them appearing in the form of what we call "sporadic cases," that is, where some isolated case may appear in a community, without any specific history of direct infection and, where there seems to be no tendency for the disease to spread or to become epidemic; or more correctly, where the hygienic precautions are such that it is prevented from becoming epidemic. In many of these so-called sporadic cases, however, we are inclined to question the accuracy of the diagnosis, and believe, that they may, more likely, be due to some pathological manifestations produced by a morbid alteration in the structure of the tissues of the body, simulating in a marked degree the symptoms of these other diseases. Yet, on close investigation, we could discover the presence or absence of certain symptoms, which would enable us to differentiate between the affections.

While this is our belief, yet, we do not want to be understood to say that sporadic cases, cannot or do not occur. On the contrary, we know that oftentimes they do. What we wished to state was that many, that are so-called sporadic cases, are not true cases of the specific disease.

That sporadic cases should occur, is in no way incongruous with the microbic theory. For when we bear in mind the infinitesimal character of these microbes; and the fact that they may become latent, and retain their vitality for an indefinite period, even outside of the human body, and the facility with which they may become secreted in articles of clothing, bedding, furniture, etc., we can easily understand how it is possible for them to remain concealed for an indefinite time, and sometime it may be by accident, they are roused from their lurking place, and so go forth to produce an infection, giving rise, if they find a suitable soil for growth, to a sporadic case of the disease. That is, if by proper precautions it be prevented from spreading, otherwise it would become epidemic.

Further, in connection with this class of diseases, we know that it may be transmitted directly from one person to another, not only by actual contact, but also by the inhalation of the pulmonary exhalations, or of the dried excretions of the diseased body. Again, we know by scientific investigation, that from any special case, we can, by certain methods, isolate a certain special microbe, which it is possible to cultivate in suitable media outside of the body. And when some of this culture is introduced into another animal it produces in it, exactly the same symptoms as we had in the original case.

These facts go to show very clearly, that microbes have a direct influence in the production of diseases, and do not merely act indirectly, as some

would have us believe. These points will suffice to prove the truth of the statement we made, that many of the diseased conditions of mankind are due to the presence of certain micro-organisms in the individual. So we will not proceed further with this, but will take it for granted that its truth will be accepted.

We have said that those micro-organisms are everywhere present. Then the question presents itself to us, if this be the case, why is it that we are not all affected with the diseases they produce? This question opens up a vast field of research and investigation. And in the present article it would be absolutely impossible to give the extensive answer to this question that its importance demands. We will have to be satisfied with simply giving a few of the more essential facts in relation to this important subject.

It is certainly true, as we have already stated, that bacteria are to be found invariably present in greater or less numbers in every part of the universe. Even in the animal world we find them in more or less abundance in the mouth, nose, air passages, gastro-intestinal and genito-urinary tracts, and even more abundantly on the external surface of the body. But though they be thus common and in many cases abundant, both upon the internal and external surfaces of the body, they do not penetrate the mucous membrane or the cutaneous covering of the body when in a healthy condition. As a rule, therefore, we may say, that under normal conditions the various tissues of the body, as well as the fluids of the body, are free from germs.

The vast majority of these micro-organisms, indeed, except under special unhygienic conditions, when we find certain pathogenic forms, which have been emitted from persons suffering from diseases of an infectious character, or from decayed animal and vegetable refuse, are altogether of a non-pathogenic variety, and are utterly harmless, as far as effect of producing disease is concerned in the human body. This in a measure explains why we are not all placed in subjection to these bacteria. But it does not clearly explain, why it is that when, say, two individuals, to all outward appearance identical, are exposed to the same infection, the one becomes affected with the disease, and the other one experiences no inconvenience whatever.

To explain this we must look in other directions for information. While it is perfectly true, that the skin by its denseness and firmness, prevents the entrance of these micro-organisms into the system, that is when it is intact and free from any abrasion, the same is also true of the mucous surfaces, covered with their epithelial layer, and in some parts studded with multitudes of vibratile cilia. But it does not wholly explain the situation.

There are several forces brought into play in the establishing of this condition of insusceptibility or as it has been termed immunity.

It has been demonstrated that if we introduce into the blood of an animal, some minute solid particles of a bright color, (the color being merely for the purpose of facilitating observation afterward) that they will quickly disappear from the fluid entirely, and on microscopic examination, they

will be found embedded in the substance of the white blood corpuscles or leucocytes. This proves that these leucocytes are, what we might term the "scavengers" of the blood, removing from it noxious agents which may be introduced into it. This is exactly what takes place when these micro-organisms enter the blood. They are seized upon by these leucocytes, which embed them in their own structure, and it is possible that they even digest them. Thus destroying these germs, and so they are prevented from declaring their presence by producing altered manifestations. If, however, the leucocytes be in an impaired condition, as when there is a lowering of the vitality of the individual, or if the micro-organisms be present in such numbers, as to overcome the action of the leucocytes. Then we have the development of the specific disease.

What we have said takes place in the leucocytes, is true also of the other cellular elements of the body tissues. And this general action of these cellular elements is what has been termed by Metschnikoff phagocytosis.

In addition to this phagocytic action, we have in the various fluids of the body, certain albuminoid agents, called "alexins," which are known to act in a striking manner, as germicides. These are undoubtedly of the utmost importance in protecting the individual from the inroads that would otherwise be made by these micro-organisms.

Again we have in the lymphatic system a series of nodes, which act as filters filtering out of the lymphatic fluid bacteria which may have entered it from the intestinal absorption or from any external abrasion in the cutaneous surface, or from absorption from any localized seat of infection. Thus preventing it from entering the blood stream. These lymph nodes are in this way prominent factors in the establishing of immunity.

We have thus briefly described the natural means we have in the individual of resisting and overcoming the attacks of these pathogenic bacteria. We purposely refrain from speaking of acquired immunity, either natural or artificial, as it has no connection with the object of the present article.

In conclusion then, bearing in mind these natural forces we have in the individual which oppose and counteract the action of these pathogenic bacteria, what from an Osteopathic standpoint, would be the rational indications to follow in regard to the treatment of the diseases which are of this pathogenic origin.

We would suggest the following three indications:

- (1) To increase the blood supply, so as to get an increased number of leucocytes; as well as to cause an increase in the nourishment of the various tissues of the body, whose cellular elements in conjunction with the leucocytes remove and destroy these micro-organisms.

- (2) To increase the various fluids of the body and thus increase the albuminoid ingredients or alexins, so as to destroy the bacteria in these antiseptic fluids.

- (3) To keep the lymphatic system in proper condition, so as to facilitate the removal of the bacteria in their passage through the lymph nodes.

THE NECESSITY OF THOROUGHNESS IN THE STUDY OF OSTEOPATHY.

(Communicated)

AS a new class in the American School of Osteopathy is to enter this month, it would be well for its members to consider with care the step they are taking. Osteopathy more than any other science is exacting, demanding the utmost attention of the pupil. The American School of Osteopathy has provided a faculty which can be excelled no where in the world in the study of this science. Each teacher has been carefully selected for his proficiency in his special line, not only as to knowledge, but his ability to impart that knowledge.

It then depends on the student alone whether he will be a success or failure in the future. As it is possible in all schools and colleges for students lacking the inclination for hard work, to shirk and skim through without any deep seated idea of the science they have studied, we will not say such a thing is not possible in the American School of Osteopathy or any other school of Osteopathy. But suppose a student should by some unworthy means deceive his or her instructors and make grades he was not entitled to, who would be most injured in the end? The school injured by issuing a diploma to an incompetent person. The public is injured by having imposed upon it an incompetent person, through whose failure to understand what he pretends, patients may suffer and die; but after all the greatest injury would be to the graduate himself. He would not long be able to impose himself on the public, for failure would attend his efforts. He might by shifting his quarters frequently, and by liberal advertising secure patients for a while, but the final result would be personal ruin and humiliation.

The student should ever bear in mind that Dr. A. T. Still the discoverer of the science, spent a life time in learning what you can now accomplish in two years. It was no child's play with him, but deep earnest thought, the delving into unknown depths of nature, working in the dark, or navigating an unknown sea without chart or compass, and of course it required harder and longer work than will be required of you. You can not hope to be his superior in the science, nor scarce his equal, for the long years he has devoted to it, has added a thoroughness not to be surpassed. But you can approximate to what he has attained, and at the end of your life may look back over a long broad pathway lined with brilliant successes, which like that of the "Old Doctor" will be the glory of your declining years.

Not only will you be rewarded by money, but the consciousness of having relieved pain, saved life, given the babe back to its mother, saved the mother to care for her babe, and to bless the husband, or the husband to

the family. When you contemplate these pleasures you will know to a certainty that it is more blessed to give than to receive.

If you have carefully thought of all this, and have within you the metal that makes a true Osteopath, you will not want to shirk a single duty, nor will you want to hurry through the school, nor start out into the world with a misty idea of the science, hoping by actual practice and experiment to acquire what you should have known before you left college.

The world is filling up with fake Osteopaths and incompetents. Everything successful meets imitation and fraud. No sooner had Dr. Still proven to the world that Osteopathy was a great science hitherto unknown, than unscrupulous persons with a smattering of the science began to impose themselves on the public. Because the doctor denounced them as frauds and refused to fraternize with them or recognize them, he has been called selfish and egotistic. If it is egotism or selfish to refuse to recognize incompetence or fraud, it would be well there were more such egotism and selfishness in the world.

How much better is it to be thorough at the very beginning. To know all you claim to know, to be honest with your instructor and honest with yourself.

Be thorough in every department. You will commence with an introductory course in Anatomy, Chemistry, and Histology. Be thorough in each branch. You can not build a strong house on a weak foundation, and the first term of your college life will be laying the foundation for the entire course. You must have that thorough, or it will be up hill work the whole two years, with a chance of failure at the end.

Do not worry about good grades, but have a thorough knowledge of the subject, be able to express it, and the grades will take care of themselves.

Make it a rule never to leave any subject which you do not fully understand. Have a thorough knowledge of all branches taught in the first term, and the second term will be easier, and the third easier still. The beauties of the science will unfold from the very beginning like a blooming rose, and what to the sluggard would be work, to you will be pleasure.

A new interest will be awakened in you, a new pleasure you had never known before. What affords greater enjoyment than making new discoveries every day? You are sailing on what to you is an unknown sea, touching at islands filled with beauties, exploring caverns in which dwell the very seat of life. The journey of "Alice in Wonderland" does not comprise more that is beautiful than lies before the earnest student of Osteopathy. But your ear must be attuned to nature's rhythmic harmonies before you can enjoy it; your eye must be opened to the beauties of the world before you can see them; so must your intellect be awakened to the beauties of Osteopathy before you are capable of appreciating all that there is in the wonderful science.

You can not do this by skimming. Hidden beauties of the sea lie at the bottom, not on the surface, and so with Osteopathy. You will find the hidden beauties deep at the bottom of the well of knowledge.

Too frequently one hears the remark:

"Why is this or that essential? What has Chemistry or Histology to do with Osteopathy? Why have they added this or that to the course? Such and such studies were not required by the first classes, why exact them of us?"

If the complaining student would only be reasonable and pause a moment to consider he would see that Osteopathy is advancing. Dr. A. T. Still and his able corps of educators are continually trying to make the course better. Those who know the old doctor know that he is not one to come to a stand still. He must be continually moving, continually investigating, and exploring, and leading others along in the line he is going. His whole heart is in the work and he continues to improve it. He keeps a few leagues ahead of all other explorers following in his footsteps. He carefully surveys each new field on which they enter in the science, and when they follow his directions they succeed, when they depart from his instructions, failure is the inevitable result.

What to the beginner in Osteopathy may seem useless rubbish, may be one of the essentials to a true knowledge of the science. The faculty and board of which the founder of the school is president, have been years carefully considering what is best for you, and nothing essential has been omitted.

You see a stone. It has no resemblance whatever to a house, but it is a part of a house. When the house is completed you cannot remove a single stone from the wall without marring the beauty and weakening the structure.

So you may look upon your studies. It may seem wholly unessential to devote so much time to Anatomy and Physiology. You may think that you can omit a day or a week and it will never be missed, but you are leaving out one stone in that beautiful wall of knowledge which is to make you strong for good in saving life and relieving suffering. Don't imagine that you can put in the stone after the wall is built. You may be able to stick a stone in the gap and partially plaster it over, but the structure will never be as strong nor so beautiful as if the stones had been laid when the building was in course of construction. It is during the building, every stone must be placed, and in its proper position. Just so in the study of Osteopathy. Every subject must be fitted in at the proper time and place. Be sure that the foundation is well laid before beginning the superstructure. Be sure that you know all of the very first lesson before beginning the second. In the language of Doctor Still, "Clean it up as you go along and leave nothing behind you."

This rule may seem a little hard at first but before you have advanced far you will find that the work grows easier.

The corn should be cultivated while it is growing, Osteopathy should be studied when you enter into the school and not wait until you have gone out to locate before you study it. It is hard earnest work, but work that repays a thousand fold.

We are often asked the question, who make best Osteopaths? Scarce a mail comes to the *JOURNAL* without some such query, and Dr. Still perhaps has been asked the question a thousand times.

The answer to one and all may be the same. The man and woman who studies the science for the love of it, and for the pleasure of doing good to their fellows in relieving pain and saving life, these make the best Osteopaths. There are unfortunately some who enter upon the study because they love the money in its practice more than they love the science.

These are the men and women who patronize cheap schools of short terms, or the diploma mills, and as a result palm themselves off on the world as Osteopaths, when they are frauds. They are not only frauds but failures.

Osteopathy is no secret. It is no small science that can be obtained in a few week's or months, or gained by reading a receipt book on the subject. It is a science the most intricate of all sciences. It requires an education of all the senses, and faculties. While text books are essential, no one can learn Osteopathy from text books alone, without devoting a life time to it as Dr. Still has done, and then the chances are, that he would fail.

There never has been but one Dr. Still; there never has been but one discoverer of Osteopathy, and that man is Dr. Still, all the assertions of all the quacks and charlatans to the contrary notwithstanding. It took him as has been stated a life time to develop, mature and perfect the knowledge, so as to evolve the science. Do you suppose if it had been such an easy matter to perfect oneself in it, that Dr. Still with his intelligence would have been a life time in doing so.

You can not acquire this education without a teacher, and if you have a teacher you ought to be content with nothing but the very best. It is the boast of the American School of Osteopathy—a boast in which it prides itself—that it has the very best faculty to be obtained. Whenever the faculty can be made better the management will do it. The very best text books and apparatus to be obtained will be used in the schools, but all this with the very best teachers in the world will avail nothing unless the student labors, and understands.

If you understand the human anatomy thoroughly you will find physiology easy. If you do not understand anatomy you will find physiology difficult. If you know chemistry thoroughly, urinalysis, poisons and antidotes, with physiological chemistry will be comparatively easy, while on the other hand if you do not know elementary chemistry, when you reach those higher branches you will find them dull misty and incomprehensible.

One fault to be shunned is an anxiety to rush into the treating rooms too

soon. If you should enter an apprenticeship to learn to be a machinist, would you expect to commence with the most difficult and particular work? All will have their turn at the treating room, but one had as well expect a boy from the farm to build a locomotive the first week he is in the machine shop as to suppose that after a few weeks, and before the student is thorough in anatomy, he or she could be trusted in the treating room.

You have become apprenticed to learn the trade of a machinist, or a repairer of machinery. The machine you are to learn to repair is the human body. Before you expect to learn how to repair it you must learn all about the machine itself. It is not an easy task before you. There are hundreds of bones, nerves, muscles, arteries and veins, some large and some infinitesimally small. They are in groups and have names; you must be perfect master of them, you must learn where the lever is that will turn on or off the steam of life.

Students who enter the American School of Osteopathy are men and women of maturity. They are presumed to have this cause at heart. To them it is capital on which their future success or failure in life depends. The instructors in this institution realize this, and the same stern discipline essential to the management of a class of boys and girls is not expected. The teachers believe you are honest, that you desire to know, that you realize it is far more to your interest to be thorough than any one else. They often presume on your thoroughness, and if they mistake it is your fault, and we might almost say your crime.

Do not be afraid to ask about anything on which you are not perfectly clear. If you are in doubt never leave the subject until that doubt is removed.

It is often the case that a student not wishing to appear more dull than his or her companions will allow questions of which they have only a partial knowledge to slip by, hoping that in the future it will all be made more clear. This is wrong. Never leave a subject until you are perfectly clear on it. Never quit a page of your text book if you have the slightest doubt in regard to the subject. Do not make the mistake of many of committing word for word. That would only be a parrot's knowledge. Learn the great principles which are taught in the text book and you will never forget them. Learn the names of the bones well, from the largest to the smallest, learn their articulations and relations to each other. Learn their grouping and uses perfectly then when it comes to the muscles, nerves and blood supply with the countless thousands of other details, you will acquire them without difficulty.

Above all things do not permit a fear that you will be regarded dumb and stupid to keep you from asking for information. The diamond until cut and polished is only a rough stone, and often the dullest student is a diamond in the rough whose lustre in the future is to far outshine the variable light of a seemingly brilliant student.

Let industry and thoroughness be your motto. Use the brains God has given you. Do not depend on any one to help you for no one can do that, you must make the journey in quest of knowledge alone. Your best friend can not make it for you.

You must make the journey on foot and not depend on "ponies" to carry you over dangerous places, and hard examinations. "Ponies" used by students are dangerous steeds. They are treacherous and deceiving. They offer to bear your burdens but make them heavier in the end. The pony is the "old man of the sea," Sindbad the sailor tells of. Once get the pony seated on your shoulders and you will not easily remove it. At the beginning of this term let every student resolve not to invoke the aid of the "pony" which is an enemy to thoroughness.

Those of you who have been fortunate enough to read Dr. Still's Autobiography will remember his famous business allegory in which he states that, "In this, my first life, it will be seen I was not successful as a business man. Everything I tried for many years was a failure. I lost all my means and time, and all I had to show was that I had made another failure."

Then he goes on to illustrate himself as traveling on the journey of life and meeting this one and that one. He lacked confidence in his own ability and asked the advice of all whom he met, invariably following each in turn and failing as usual. He discovered that all his failure was occasioned by lack of self-reliance. It was not until the Ram of Reason had driven him up the Tree of Knowledge that he found the label of self-reliance and learned that God had given him a brain on which he must alone depend for success in life. When he followed those instructions devoting all his energies he proved a success; and so will any one.

I would recommend every student to carefully study Dr. Still's business allegory and apply it to his own case in the study of Osteopathy. If you follow its teachings you cannot be dishonest. The ram of conscience will knock you down every time you pretend to know what you do not. You cannot follow its teachings and depend on a pony, or the assistance of a seat mate in the class room. It is your own brain that God has given you on which you must rely. If you follow the teachings of the Ram of Reason you will cast aside all such crutches as ponies and walk in the light of day and reason, an independent man or woman and not the slave of ignorance. You will have no fear of humiliation at the discovery that you have fraudulently represented yourself as knowing more than you do. You will learn that you can stand alone, and do not have to lean on some one's shoulders. Your confidence in your self will be increased, which will increase the confidence of others in your ability. This firm self-reliance when you go out to practice can only be obtained by a thorough knowledge of the subject; without this thoroughness you will only add one more to the list of miserable failures.

M.

OPIE REED'S OPINION OF OSTEOPATHY.

IN an article on "Osteopathy" published in Carter's Magazine for August, its editor, Opie Reed, the well known author of a number of popular works, says:

"Man constantly finds something new about himself, and it is thus that the world moves. From the dawn of time he has been his own study, and is even yet a mine of mystery unto himself. We reverence the past, soft in a mellow light, and yet we know that the schoolboy of today is wiser than the sage of the long ago. Theory becomes science, and science resolves itself into a commonplace fact, and we wonder that we were so slow to accept so manifest a truth. We study ourselves, indeed, but sometimes we are loth to credit our own intelligence. It is our reverence for the old. A great orator when asked how he would go about toward the betterment of the world, replied that he would make good health catching instead of disease. Good health is catching. Good health is natural. Nature's aim is to be free from disease. What mockery is there in the saying that a man of thirty died a natural death. To die before extreme old age is most unnatural. There is something wrong with the running of a machine that wears out too soon. An observant machinist can repair the evil. Man is a machine, and recently there has come into notice, a school of machinists to regulate the machine man—Osteopathy, Most cheerfully do I subscribe to this science. I have felt the benefit of it, and I honestly believe it to be one of the most wonderful discoveries of any age. If my voice, though limited in range, may help the suffering, it is my duty to lift it. My associates know that I am a firm believer in Osteopathy, and they know that I here set down what I conceive to be the truth. I have no fear of writing a "puff;" I have no edge to whet, no graft to gather. In my humble way I am as earnest as Joseph Medill was when he advocated, in his great newspaper, the benefits of the Keeley Cure. Every man, not wholly vicious, would like to aid the suffering. The fear of advertising a public blessing is an evil.

* * * * *

"In my reading I have come across certain tenets of this great healing school, some of which I transcribe, believing from investigation that they are true.

"Medicine continues to point with pride to the ingenuity and bewildering complexity of its theories; Osteopathy asks the public to look at results.

"Osteopathy is a system of healing by manual operations without the aid of drugs or stimulants.

"Nine-tenths of the diseases which come to the Osteopath are treated first by stimulating the nerves of the excretory organs of the system for the purpose of cleaning up the dirty house within which the human soul dwells.

"The principles of the science can be comprehended only by those who

are familiar with anatomy and physiology. Osteopathic practice cannot be explained in print or by word of mouth.

"The chief cause of disease is due to mechanical obstruction to natural functions. There is some displacement, enlargement, obstruction or abnormality of bone, muscle, ligament upon a nerve or blood vessel.

"With an accurate knowledge of anatomy, Osteopathy deals with the human body as an intricate machine, which, if kept in proper adjustment, nourished and cared for, will run smoothly into a ripe, useful old age.

Osteopaths believe that every living organism has within it, as its special gift from God, the power to manufacture and prepare all the chemicals, material and forces needed to build and repair; together with all the machinery and apparatus required to do this work in the most perfect manner. Osteopathy claims that no longer will suffering humanity be compelled to quaff noxious draughts and flinch under the cruel knife of the surgeon in efforts to seek relief from disease. Osteopathy is the new healing science of healing without drugs. Among its followers are the most prominent people of the world.

I am quoting freely, and with but little care as to arrangement, but with a desire to set forth the "platform" of the school. I have at hand hundreds of testimonials, from the most trustworthy of sources, but this science needs no testimony except an illustration of its own principles. All that truth needs is a light thrown upon it. But man is hedged about by traditions, by adherence to a constant experiment that has come down through the ages, the belief that to swallow drugs puts him on the road to health. The little mind is slow to accept a great but simple truth. The world loves to be tricked.

"You have a great industry in your town," said a stranger to a village philosopher, pointing to a tall chimney from which a constant smoke was pouring. "Yes," replied the philosopher, "a great factory built upon the credulous hope of aches and pains—it is a patent medicine laboratory."

Recently I heard a farmer say that patent medicines for his family cost him more than his taxes. Taxes upon his land and taxes upon his ignorance; and yet he is not much worse off than the man who is constantly swallowing drugs prescribed by regular physicians. Both are victims of a time worn error.

* * * *

"A school of Osteopathy ought to be established at every health resort in the country. The government ought to see that one is established at Hot Springs. It is worth all the curative waters in the world. It is almost an instant freedom from weariness. It is the champagne of nature. It destroys the appetite for drink, not in cases of confirmed dipsomania, but in cases of nervous prostration.

"You are a crank on that subject," was said to a believer in the new science. "Yes," he replied, "and I am doing my friends a good turn."

"So thoroughly convinced am I of the scientific principles involved in this.

work that I have no hesitancy in saying that I believe no physician is thoroughly competent without a knowledge of this science. I have seen and talked with some who have investigated, and all these acknowledge its genuineness. The time will come, I feel, when they will fully appreciate its merits, and strive to increase their proficiency in the healing art by acquiring a knowledge of a principle so necessary to them in their profession.

"It will never be a fad, for that would be like decking common sense with a ribbon; it will be the recourse of the wise. The man shut up in his office will find that he need no longer suffer from nervousness, the victim of overwork will learn that within a few moments he can be freed from weariness, and the farmer will cease to exchange eggs for patent medicines.

"Health is the inheritance of man, and should be jealously guarded. Without it the wealth of Midas is but as dross, while with it a man is rich, though he be a beggar. This being granted it goes without saying that the public should eagerly investigate any new discovery that may be made in the art of healing, and Osteopathy if thus carefully investigated will surely commend itself to the average person. While its methods are a radical departure from the principles which have heretofore been accepted as the basis of medical practice, if the matter is only looked at without prejudice, and the human body be regarded as but a complex machine, it will be seen at once that Osteopathy is perfectly reasonable and rational.

OSTEOPATHY PROVED BY ROENTGEN RAY.

BY H. E. BERNARD, D. O., DETROIT, MICHIGAN.

THE state of perfection into which Osteopathy has brought the all important science of diagnosis has been proved by the most indisputable of all tests, the "Roentgen Ray" which has disputed the Theorist and confounded the Symptomatologist with the absolute facts of anatomical conditions.

Surface anatomy as perfected by Dr. Still, as taught by his teachers and as practiced by the graduates of the schools of Osteopathy is destined to prove to all the world the inestimable boon Osteopathy has brought to suffering humanity, in that it has brought diagnosis from the fog-land of theoretical deduction into direct contact with the affected parts.

It is with pride that I record an incident of my practice which demonstrated the absolute integrity of the highly developed touch in locating the predisposing cause of disease.

Among the new patients I received recently was a young lady who, in consultation informed me that she was suffering from epilepsy. She was very nervous, suffered great pain in the occipital region, her vision was impaired and there was a partial paralysis of the right side. The history of the case is as follows:

The patient had a fall when 11 months old which threw her into an unconscious condition. Upon reviving it was found that her right foot and hand were paralyzed and her right eye was closed. In time some improvement was noted, the eye opened but the hand and foot continued in a paralytic state. The patient had slight nervous convulsions up to her 13th year, when they developed into epilepsy, from which she has since suffered greatly.

Upon examination I found one of the vertebrae slipped to the right a fraction of an inch. It infringed upon the nerves as they passed from the spinal cord and rendered them impotent; being connected with the sympathetic chain the impotency of these nerves destroyed the exquisite balance of the great sympathetic nerve which is essential to the proper performance of its functions. With the sympathetic nerve not in harmony, suffering ensued, and so for 20 years the patient has been an invalid.

During this long period she had been treated with the usual remedies. She had been passed from school to school, from Theorist to Experimentalist, but always with the same unhappy result. Seven years ago one of the most famous surgeons in the country accepted her case and after careful consideration operated upon her for a supposed blood clot upon the brain. The operation was entirely successful but there being no clot the patient was not relieved.

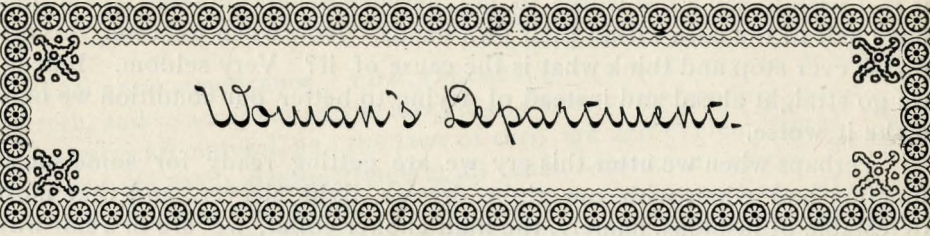
After making my diagnosis the father of the young lady called upon me and asked for the details. Realizing his anxiety but unsuspecting any other object I gave them very carefully. He seemed particularly impressed with the fact of the spinal lesion and when I concluded he informed me that about a year ago a celebrated physician discovered by the aid of the Roentgen Ray that the particular vertebrae I had described was slipped to the right.

Osteopathy even now is proving its worth in this difficult case and the patient will probably be cured.

The Bengalese saying, "Do not wake up a sleeping physician," is supposed to have been based upon a feeling of consideration for the man of healing. But it also brings to mind that English adage about letting sleeping dogs lie; also that other older proverb, *Quieta non movere*.

★

At Skaguay, Alaska, sickness and deaths by cerebro-spinal meningitis have been the cause of much anxiety. So prevalent has the disease been that it has been spoken of as epidemic by some. A subscription for a hospital was promptly raised and a two-story log house was rented in the latter part of February; in the temporary shelter and in a cabin annex fourteen patients have been under treatment.



Woman's Department.

EDITED BY BLANCHE STILL, D. O.

WHILE it is a fact that almost every profession is open to women, it is none the less true that there are odds against her in many of them. And although it is true that she can do the work as efficiently and is as conscientious as her brother in the discharge of her duties, yet she often finds it a long hard struggle before she reaches a permanent footing in the profession she has chosen.

But there is one profession that throws open wide its door to her—yes—even insists upon her entering, for none will say she is not fit for this work—that of ministering to the sick, and allaying the suffering of the afflicted.

In the training schools of the hospitals all over the land we find the women in their white caps and going from ward to ward, carrying out the directions of the physicians and alleviating in every way possible the suffering of the sick, and are these devoted women who are spending their lives for others, regarded as “out of their sphere?”

Do we not concede that they are really “at home” in this profession?

If woman so admirably fitted by nature to “soothe and to heal—the sick world that leans on her”—is it not true that she is thrice armed if to her natural ability and her devotion to the afflicted we give her a knowledge of alleviating the affliction. Can there be a more efficient physician than a woman, who combines with her natural ability a knowledge of the principles of Osteopathy, so that she alone can soothe and comfort, and can, best of all, remove the afflicting causes?

THE “REST CURE” AT HOME.

THERESE CLUETT, D. O.

“OH! I am so nervous. I could fly to pieces.” How many times I have heard this cry from suffering women and how many, many times I have uttered this very same cry myself! It seems to be the curse of the present generation, or perhaps it is the hurried age we live in. Whichever

it is, I wish to say a few words to my nervous sisters and tell them they have half of the cure within their own hands. Now when we utter this cry do we ever stop and think what is the cause of it? Very seldom. Indeed, we go straight ahead and instead of trying to better our condition we only make it worse.

Perhaps when we utter this cry we are getting ready for some social function and what, with our tight dresses, tight sleeves, and that most detestable of fashions, namely, the high choker collar, we are in a fair way to collapse entirely. The high collar alone can do a whole world of mischief since it interferes with the proper action of certain nerve centers, and then becomes one of the "causes" of our nervous trouble. We must give more attention to the beginning of these feelings. Take the "Rest Cure" at home and don't wait until collapse sets in entirely and then have to make your exit to some "Rest Cure" abroad.

Try the following experiment a few times and you will be surprised to see the amount of "rest" that can be obtained through it. When all tired out and nervous go to your room, draw down the blinds, lie perfectly flat on the floor on your back and dismember your whole body. Say, to yourself, that your right arm is no longer attached to the body but is over in some part of the room; send the left one to keep it company. Then dismember the lower limbs and then "take off your head." Lie in this position for ten minutes and then gather yourself together, get up and see if your nervousness and tired feeling is not a thing of the past. Now don't laugh at this nor make light of it until you have given it a fair trial. Many times have I secured the most wonderful results to my nervous patients just by insisting on this simple exercise. Then again, get out of the habit of hurrying. Don't hurry—all nervous people hurry. I've been there and I know. Now stop it as it don't pay and you are only throwing away your vitality. Off time in the rush and battle of my work I feel that my nerves are trying to get the upper hand. What do I do? I simply withdraw to my room, sit down and relax. Then I talk somewhat in this fashion to myself; "Now stop it," this minute. A year from now you will not remember one thing about this matter that is making you nervous; so what is the use of bothering about it at present?" In a few moments all is well. Now this is not mind cure, it is simply using my common sense and I want some poor soul who worries and worries over trifles to try this and see how much good will come from it if they really wish to get well. Of course, many times there may be serious causes for our nervousness. It may proceed from pressure on the sympathetic; it may be caused by some uterine trouble. In any case see some good reliable Osteopath and have a thorough examination. Go to one that knows his or her business and not to some "student" starting a "school;" or some other pretender who claims to know it all. See that the operator, in whose hands you place your case, has a genuine bona-fide diploma from a reliable Osteopathic college. Have perfect confidence in him or her, do as you are told and there is not a doubt but your nervousness will readily succumb to the treatment and you will not be compelled to take the "Rest Cure" away from home.

WHAT DOES THE AMERICAN SCHOOL OF OSTEOPATHY SIGNIFY?

IT HAS great significance. First, Osteopathy is a well proven scientific truth, and so accepted by the most able critics of the reading world.

Its cures are natural, and the laws of cure are self-evident truths that can be and are easily demonstrated at all times, seasons and places.

It signifies that this school is the "sun of light" from whom all other Osteopathic schools, like the moon, must borrow their light, and reflect in dark places; yet the borrowed rays of the moon may do much good, but can never equal the brilliancy of old "Sol."

It signifies or means, that the life of one man has been spent with the determination, if possible, to demonstrate the methods by which nature repairs injuries to the human system, either by wounds, accidents, the diseases of the seasons, also many classes of contagions that have prevailed and destroyed countless thousands of human beings.

It signifies the method or methods that have been discovered and successfully applied by A. T. Still, in the curing of measles, mumps, whooping cough, fevers of the climates and seasons, and through the whole list of diseases that the human race is heir to.

It has demonstrated its power in midwifery in shortening the time of labor from one to twenty-four hours in all cases; modified the tortures of childbirth from 50 to 75 per cent, done away with the forceps in all normally formed women, and left the mother to thank the discoverer of that great and natural law.

It signifies one of the most literary establishments for its age that history has ever recorded. Within its walls are morality, truth, industry, the love of man to his race, and the wisdom of Deity that He has displayed in the ample provisions to ward off sickness and death.

It signifies to ladies that by two short years spent in this college that they can become qualified to go forth into the world to do good to others and to be remunerated handsomely for their services; besides the comfort in mind, in knowing that her sex can get value received, and make a living for herself, and those dependent upon her; she feels and knows that the world is wide and will gladly receive her services in many places that are now shut against a music teacher, painting, drawing, dress-making and many other professions that honest hearts have tried to make a living at, but on account of competition have failed. The ladies that have graduated and gone forth into the world all testify that the American School of Osteopathy is the morning star of hope to the ambitious woman, and invite her to come and drink of the river of joy that is ever running through its halls.

It signifies that A. T. Still has spent his youth, manhood and the early hours of old age, and will only lay down his belt and sword with which he has fought the battles of Osteopathy at the setting sun of his life, as a pillar upon which his body will spend the days of an eternity.

MRS. ANNIE MORRIS.

A TRIBUTE TO OSTEOPATHY.

HESTER M. POOLE, a well known popular writer for the eastern literary journals pays a glowing tribute to Osteopathy in the following letter written to this Journal. A brief extract was published last month but the following is the letter in full:

"I am glad to give my testimony to the value of Osteopathic treatment.

During seven years I have been a sufferer from gastro-intestinal disorders, nervous exhaustion, catarrh of the stomach and the train of ills to which these affections necessarily give rise. Last July they culminated in a fever, during which my life hung in the balance. From the effects, it seemed impossible to rally.

"In fact I was daily losing strength and hope, when I sought the aid of George J. Helmer, of this city. Neither my husband nor myself had ever seen a diplomate or a patient of Osteopathy. But on general principles, we believed from what we had read, that Dr. Still had made most important discoveries, and that Osteopathy must justify the claims of its friends.

"Mr. Helmer evinced some hesitation in promising a cure, but late in January began his treatment. At first the treatment was improvement and gradual. But during the third course, which is not yet finished, I have steadily progressed toward such a condition of health as I never expected in this life to experience. Years seem to have rolled from my shoulders, this world is altogether a different place, and my gratitude to Dr. Still is unbounded. The insomnia of long standing has given way to sleep like that of childhood, the most persistent constipation of several years continuance is yielding, and there is a sense of power, an ease and freedom to which I have long been a stranger. Usefulness as well as happiness seems once more before me.

"I should add that several members of my immediate family are or have been, regular physicians, and that my husband and myself, long ago lost all faith in drug medication.

"A word in regard to Mr. Helmer's Infirmary. It is worth while to see the crowds of substantial and intellectual men and women who there seek and find relief from all the ills to which flesh is heir. They are not a lot of cranks, but generally persons above mediocrity, who have failed to find help in any system of medicine. Were there space I might tell you many true stories of remarkable cures that have come to my knowledge.

"One young lady, last year, who had been nineteen months confined to her bed, was brought to the city on a stretcher. By eminent physicians she had been pronounced an incurable invalid, one who would never be able to take a step again.

"Mr. Helmer found that, owing to a fall, there was displacement of

several of the vertebræ and injury to the sacrum. (Perhaps the word 'displacement' is not correct, it may be pressure on the spinal cord.) At the end of the third month the patient walked from her boarding house to the Infirmary to take her treatment. To-day she is well and happy as a young person would care to be.

"This is but one of a hundred cases which might be described. Suffice to say that Osteopathy for all time 'has come to stay.'

"One word of tribute to Mr. Helmer and I close:

"No more unaffected, sincere and kindly man exists than he. Utterly unpretentious, and a person of few words, one can thoroughly trust whatever he says and does. As a man of quiet reserve power, he has already made a mark, and will still be more widely known. New York is fortunate in having such a demonstrator of Osteopathy.

"It is, I trust, needless to say that this is written without his knowledge, as a tribute from one patient in which many others would gladly join.

Very sincerely yours,

HESTER M. POOLE.

New York, May 14th, 1898.

NOTE.—The above article was received and accepted for publication some months since, and prior to the adoption of the rule confining correspondents more strictly to the scientific phase of Osteopathy and eliminating personal "write ups" of particular cases. The eminence of the writer is the justification for its publication, at this late date.

CLIMBING LIFE'S LADDER.

On the lowest round of the ladder
I firmly planted my feet,
And looked up at the dim vast distance
That made my future so sweet.

I climbed till my vision grew weary,
I climbed till my brain was on fire,
I planted each footstep with wisdom,
Yet I never seemed to get higher.

For this round was glazed with indifference,
And that one was glazed with scorn,
And when I grasped firmly another,
I found under velvet a thorn.

Till my brain grew weary of planning,
And my heart strength began to fail,
And the flush of the morning's excitement
Ere evening commenced to pale.

But just as my hands were unclasping
Their hold on the last gained round,
When my hopes, coming back from the future,
Were sinking again to the ground,

One who had climbed near the summit
Reached backward a helping hand,
And refreshed, encouraged, and strengthened,
I took once again my stand.

And I wish—oh I wish—that the climbers
Would never forget as they go,
That though weary may seem their climbing,
There is always someone below.

ELLA HIGGINSON.

The Journal of Osteopathy.

KIRKSVILLE, MISSOURI.

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AMERICAN SCHOOL OF OSTEOPATHY.

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While due and reasonable care will be exercised
in the admission of advertising matter in this
JOURNAL, such admission must not be taken as an
endorsement. Patrons must exercise their own
judgement in these matters.

IT IS in results that the practitioner of Osteopathy finds his justification.

O STEOPATHY has passed the experimental stage—it is a demonstrated fact.

A PROMPT resort to Osteopathic treatment in the beginning of illness will generally ward off a long sick spell.

I NTELLIGENT thinking people are not long in "catching on" to the philosophy of Osteopathy. It appeals to their good sense.

E VERY genuine and thorough Osteopath cheerfully credits Dr. A. T. Still with the honor of its discovery. Only the quacks and fakes attempt to claim any other origin for the science. Take notice and see if this is not true.

THERE is a no surer indication that Osteopathy is securing results and curing its patients, than the fact that the medical fraternity in several states have commenced desperate movements for its suppression. They would not fight it if they did not fear it.

I N a new community where Osteopathy is not understood, the circulation of the JOURNAL has been found to be the very best means for enlightening the people and

arousing an interest. It is a missionary which finds a ready welcome into nearly every cultured and intelligent household.

DR. A. T. STILL'S SEVENTIETH BIRTHDAY.

ON the evening of August 6th extensive preparations had been made for the celebration of the 70th birthday of Dr. A. T. Still. Memorial hall had been quite elaborately decorated with flowers, evergreens, and bunting by a volunteer committee of ladies, and everything was ready for the occasion, when a heavy thunder and rain storm set in and continued until too late for an audience to assemble. As it was, a score or more braved the elements and were on hand, but it was thought best to defer the prepared program until another date. While waiting for the storm to cease, Dr. Still talked in an informal but very interesting way to the few assembled, after which there were congratulations and greetings followed by adjournment.

THE REGULARS DON'T KNOW.

T HE regular old school doctors seem to be badly nonplussed over the character of the fever which has been so disastrous to Shafter's army at Santiago. It is now generally believed there have been very few, if any, real cases of yellow fever, although the physicians have so diagnosed a large number of the cases which have come under their treatment. It is presumed that the United States has the service of the very best M. D's., to be had, and that they represent the very cream of the profession. The present uncertainty as to the real character of the fever only goes to show how little the medical profession really knows of the nature of the diseases it is called upon to combat.

A physician formerly of the Louisville Board of Health and who has had years of experience with yellow fever in Louisiana, not only admits that its symptoms are difficult to recognize, but also insists that so-called medical science is still far from mastering any positive mode of successful treatment. He says:

"The truth is, the medical profession is as

much in the dark about yellow fever as the humblest layman. We know nothing; we discourse learnedly, and we talk in our conventions as if we had the disease, its symptoms, causes and cure, at our finger tips. We have nothing of the kind. There is not a theory I have ever formed about yellow fever which has not been utterly destroyed by subsequent experience."

IN the October issue there will appear a paper entitled "Is Osteopathy a lost art," in which the question of the Olympic games, massage and their relations to Osteopathy will be treated, showing that Osteopathy had no relation to the Greek or Roman system of healing.

"THE American School of Osteopathy is a trust," you say! I say it can be trusted to teach, and does teach all that is necessary to make a trusted doctor to go into all combats with diseases. He is taught standard surgery and midwifery and can be trusted to deliver the child in less time and with less misery to the mother than all the old school M. D's on earth combined can do. Our school is a growing trust, that trusts that some time men will see that drugs go down the necks of the ignorant only, and the dopes are given by men who do so for two reason only, first to get money; second because they know too little of Osteopathy, to cure, either with or without drugs.

A. T. S.

SEPTEMBER opens a new school year.

In the colleges, high schools and academies of everywhere are gathering the brightest, the most ambitious, the most energetic of the youth of the land, young men and young women who come to take up those studies which are to fit them for the serious work of life. The American School of Osteopathy is no exception, and its spacious class rooms will soon be crowded with eager and earnest seekers after knowledge—knowledge that will enable them to become benefactors of their race; knowledge that will make them masters of disease as manifested in its many forms in the human body. Every indication suggests that the September class will be the largest class in Osteopathy ever

enrolled in this or any other college, as was the February class of the last school year. At the present writing it would not be safe to make even a guess at the number it will comprise, but it will probably exceed two hundred. During the summer months the management of the School has not been idle, but has been systematizing and perfecting arrangements so that the increased body of students will find that still greater efficiency has been assured than ever before enjoyed by the school. A splendid corps of teachers and officers, working in harmony and to one end, will afford the student the best of opportunities to progress in his studies. The student entering the American School of Osteopathy at this time will have every reason to expect, if he does his own part well, not only a year of pleasant, delightful study, but also a year of substantial progress in the direction of a well grounded knowledge of the great science of Osteopathy.

A GOLD MEDAL.

Dr. J. M. Littlejohn offers a gold medal to the best student in Physiology and Psychology graduating during the the year ending at the June graduation 1899. The following are the conditions upon which it is open to competition.

(1) Candidates must be regular students and must have been in attendance 20 months when the medal is awarded.

(3) Those only are eligible who have regularly completed the full course in Physiology and Psychology with grades of not less than 90 in recitation, term and professional examinations.

No one is eligible who has taken any special examinations.

(4) A special examination will be set some time during the term preceding graduation of June 1899, when all those eligible under the preceding rules may compete for the medal.

(5) The candidate receiving the highest grade will receive the medal. In case of a tie the Demonstrator in Anatomy, the Professor of Histology and the Professor of Anatomy shall act as assessors in determining the one entitled to the medal.

NOTES.

T. L. Ray, D. O., is reported as having a very successful practice at Boise, Idaho.

H. W. Emeny, D. O., formerly of Magnolia, Miss., has located at Marshalltown, Iowa.

Geo. Vance, D. O., assisted by W. F. Link of the 4th term class, is practicing at Muscatine, Iowa.

Dr. A. G. Hildreth spent a brief but very pleasant vacation last month at Sterling, Colorado.

Miss Mary E. Kelley has gone to Joliet, Ill., where she will locate for the practice of Osteopathy.

Alice Heath Proctor, D. O., who spent the heated term at Bay View, Michigan, has returned to Kirksville.

Dr. Howard Kellogg, of Birmingham, Alabama, has been notified by the Medical Board that he will be prosecuted.

Miss Harriet Crawford, office stenographer of the A. T. Still Infirmary has resumed her duties after a months vacation spent in Kansas.

J. L. Morris, D. O., of the June graduating class reports an excellent practice in Springfield, Ohio, where he has opened an office.

Mrs. Teant Jackson-Smith, the popular recording Secretary of the A. T. Still Infirmary is back at her post after a brief vacation spent in Kansas.

C. M. T. Hulett, Dean of the American School of Osteopathy spent ten days at Chicago and other northern points returning to his duties about the 20th.

Miss Minnie Potter, D. O., of the late October class has established a fine practice at Memphis, Mo., and has a number of interesting cases which she is successfully treating.

Drs. W. J. and D. L. Conner will open the Phoenix Infirmary of Osteopathy, at Phoenix, Arizona, on the first of November. Their card appears in this issue.

Dr. Benton Gentry, who has spent several months at Stockton, California, has returned to Kirksville, and will seek a location in the Mississippi Valley.

Mrs. J. B. Foraker, accompanied by her son

Arthur and her niece, Miss Amen, arrived in Kirksville last month and are domiciled in the Foraker residence on Osteopathy Avenue.

Dr. J. W. Parker, D. O., graduate of the American School of Osteopathy, has opened a private sanitarium for invalids, furnished with trained nurses, etc., at Kansas City. His card appears in this issue.

H. C. McLain, D. O., of Mason City, Iowa, paid a flying visit to Kirksville recently. Since his graduation he has been practicing at Mason City, and finds himself over-run with business.

On September 1st Dr. G. W. Sommer will reopen his office in Cincinnati for active practice. Dr. Sommer spent a portion of his vacation at the A. T. Still Infirmary. He is one of the progressive as well as successful Osteopaths.

Dr. F. W. Hannah and wife have decided to locate in St. Louis, and have opened an office at 622 Garrison Avenue. Our next issue will contain their professional card. Dr. Hannah has promised the JOURNAL an article on "The Business Side of Osteopathy" in time for our October number.

Dr. Still's Autobiography.

MY DEAR DR. STILL:—Most heartily do I thank you for the book which you so kindly sent me. Besides the enjoyment of reading it, I shall ever keep it as a souvenir of the man whom we have heard extolled and admired by all who ever met him, and to become acquainted with you is a pleasure to which my husband and I eagerly look forward. My husband sends you hearty congratulations on your birthday, as also does,

Yours very sincerely,

BELLE ORSCHEL.

Chicago, August 5th, 1898.

C. E. Hulett, Topeka Kansas.

Has opened an office at 611, W. 6th Ave. In a recent letter he says: "I would like to use some of your space on the same topic treated by Dr. Sullivan, viz. 'An Osteopathic Absurdity.'" A case recently came to me for examination which had been treated by an "Osteopath" in another state, not a graduate of the American School of Osteopathy. He had treated the case every day, one hour at each treatment, and then requested the parents (of the patient) to rub and treat also about one additional hour each day. Of course he did the case no good—although he promised a cure in one month. This is why Osteopathy so often gets a black eye and is classed with mass-eurs, and expected to give "treatment" at from 50 cents to \$1.00 a time. Invariably we have more trouble in cities and large towns, where massage "doctors" abound than in smaller places, and country districts."

. . . Field Notes . . .

N. S. Johnson, D. O.

Has recently located at Grand Junction, Colorado, and writes that his practice is rapidly increasing. Believes he will have all that he can attend to.

V. A. Hook, D. O.

Has closed up his practice at Pattonsburg, in this state, and has joined Dr. S. C. Matthews at Wilkes Barre, Penn., where there seems to be a splendid opening for the introduction of Osteopathy.

E. H. Beavan, D. O., Iowa Falls, Iowa.

Says he is well pleased with his prospects, having just opened an office in that beautiful little city. Has already registered several interesting cases for regular treatment. Dr. Beavan circulates the JOURNAL liberally among his patrons.

E. E. Beeman, D. O., Montpelier, Vermont.

Writes: "Journals received O. K.; glad to get them, I am having great success, not only in the way of getting patients—but in getting results. If one gets results there is no trouble about getting patients. I have just about all I can do, therefore I shall not complain."

T. E. and Nettie C. Turner, D. O's., Atlantic City, N. J.

"Journals received. The people here like to read them very much. Our practice is increasing very fast, but it is so new to the people here that it takes quite a while to make them understand the "new treatment" as they call it.

J. W. Banning, D. O., Burlington, Iowa.

Reports having handled several severe and complicated cases with gratifying success. He says:

"The JOURNAL affords great pleasure as well as useful information. The letters from the contributing graduates are looked forward to with great satisfaction. I unfurled the banner of Osteopathy in this city June 14th, and have been proclaiming its merits ever since etc."

W. A. Potter, D. O., Seattle, Washington.

Dr. W. A. Potter, formerly of this JOURNAL and now of the Washington Institute of Osteopathy, at Seattle, Washington, writes:

"We are beginning to do a very nice business and now have branch offices in Everett and Whatcom. We treated a genuine Klondike Indian from Alaska this morning. I think he is the first to enroll for Osteopathic treatment. He lives near St. Michaels, and came all the way to Seattle to test the merits of the new science."

Thos. J. G. Sheehen, M. D., Elkton, S. D.

Of the September class, writes: "Your July JOURNALS just at hand and for which I feel exceedingly grateful. I am sending some out to friends of Osteopathy. Until I arrived people here never heard of the great science. My brother, who had inflammatory rheumatism, complicated with heart disease, (endocarditis) is now doing splendidly, and in fact his heart complication has now entirely disappeared, under Osteopathic treatment. On my arrival here I at once stopped all medicine, liniments etc., and at once administered teaspoonful

doses of Osteopathy, and under this judicious treatment he soon rallied.

H. E. Nelson, D. O., Louisville, Ky.

Writes us that he has made a slight change in his location. See card. Dr. Nelson has decided to test the constitutionality of the medical law recently passed in Kentucky. The Louisville Post of July 26th says:

"Dr. Harry Nelson, an Osteopath, instituted suit this afternoon against the State Board of Health to test the constitutionality of the recent act in regard to the practice of medicine, which practically shuts out the Osteopaths.

In case the act is held unconstitutional, Dr. Nelson desires an injunction to prevent the State Board from interfering with him in the practice of medicine. If it is declared valid, he prays that a mandamus is issued compelling the board to recognize his college as a medical college."

The Story of a Mother.

"I feel it a debt I owe to all whom I may reach to write this letter. When any great good comes into our lives, we should not only accredit but promulgate the source. The universal exchange of good would be the most profitable commodity we could deal in. On this principle I desire to speak to others of the blessing I have received.

Two years ago last January, I discovered a hard growth in the left breast. At once I had it examined by different physicians and was told that without doubt it was a cancer. In February (the next month,) I had the lower half of the breast eaten off with plasters. The frightful wound was not healed ere I know that the disease was asserting itself again. In November I went to a local hospital for surgery. All that surgical skill and kind nursing could do, was done for me. I shall ever gratefully remember the kindness of doctors and nurses. But it was all in vain. The next May I was operated on at our State University hospital by one of our famous surgeons, only to be bitterly disappointed again. In November after I again visited our family physician to whom, as such, I am greatly attached. He found that not only was the former growth repeating itself (it was attached to the covering of the rib just over the heart) but a new growth the size of a silver dollar was form-

ing on the chest and another one in the right breast.

Kindly and gently he told me of the awful extent of the surgery necessary. I went home had had a good quiet talk with myself and decided that if these repeated efforts could not succeed with a single, small growth, why look to surgery when the disease was so scattered.

For the first time during all these disappointing trials, I gave up completely and said I would meet my fate as bravely as I could. It was not an easy decision to reach, but seemed the best one for myself and family. The family, ah, there is the rub. Self means but little to the mother, but the family is her world. A few days later I found that the activity of the disease had been energized wonderfully owing to any non-resistant condition.

(It was at this juncture that a friend of the sufferer suggested a trial of Osteopathy. Expecting death in any event. She assented, with very little hope of benefit. What the result has been is best told in her own language.)

"While I cannot assure other sufferers from cancer that I am permanently cured. I do know that I have had a pleasant happy winter and my family been made glad where I had expected to endure a few weeks of agony and bid adieu to all that mortal life holds dear. As I now look out from the door of my pleasant home and see all the wonderful signs of life around me, the lavish verdure, the flowers, the songs of the summer birds, my senses thrilled by the manifestations of full life in everything, I realize how different is it all from what it would have been had not Osteopathy been revealed to me.

Instead of burial mortality in decay, I am very much in evidence as a healthy life loving woman, and many hearts are gladdened that before were hopeless. I read of the ways of learning that Dr. A. T. Still has trod with much pleasure. Nature is what he has tried to understand. Some great author has said, "Nature is God's garment," "Thus has he approached nearer to the all good." May grateful reverent hearts lead us on in the same way.

MRS. M. E. BEDELL,
187 Sheldon St. Grand Rapids, Mich.

Additional Notes.

BORN:—To Dr. and Mrs. H. T. Still on Saturday, Aug. 20th, a son.

* * *

Dr. A. T. Still desires to return his thanks to the kind friends in many distant localities who signalized his 70th birthday by the gift of flowers and other tokens of their remembrance.

* * *

The expressions and tokens of esteem and remembrance which came to Dr. A. T. Still on the occurrence of his 70th birthday, were not only numerous, but also from all over the nation. They came from Vermont, Colorado, Washington, Iowa, and from nearly all the leading cities of the country, wherever Osteopathy has become known.

* * *

H. C. McLain, of Mason City, Iowa, in a recent business communication to this JOURNAL adds the information that he is now treating from seventeen separate towns in Iowa, Minnesota and Nebraska.

* * *

Drs. T. E. and Nettie C. Turner who have spent the summer at Atlantic City, N. J., have opened offices for permanent practice in Philadelphia, Pa., where they have already enrolled a list of patrons.

* * *

Dr. Lawrence M. Hart, graduate of the American School of Osteopathy, now located and enjoying a lucrative practice at Bethany, Mo., was a visitor at the A. T. Still Infirmary last week.

* * *

Geo. E. Fout, D. O., has located in Ft. Madison, Iowa, and is meeting with very gratifying success. He has a large list of patients.

Marriages.

Dr. C. P. McConnell and Miss Agnes Darling, at Evanston, Ill., August 17th.

At Sheldon Iowa, August 10th, G. H. Gilmour and Mrs Ella Ray Miller. D. O.

THAT Kirksville is a remarkably healthy city is shown by the records of the State Normal School, running through over two decades. The number of deaths have been remarkably small, nor has there been during that time so far as we can now recall, any serious or wide-spread epidemic. The motive lying behind and prompting the item in regard to Kirksville, published in the Cosmopolitan Osteopath, of Des Moines, is too apparent to be effective.

ANNOUNCEMENT.

AMONG the additions soon to be made to the equipment of the American

School of Osteopathy is an X-ray apparatus of the most approved form.

The use of the X-ray as an aid in diagnosis in Osteopathy will be made the subject of exhaustive investigation and experimentation, with the view of determining the extent of its application in Osteopathy, and the class of cases in which it may be helpful.

This is as yet a comparatively untried field, although in a limited number of cases, the aid of the X-ray has been sought, with, however, but indifferent results, yet in some of them there has seemed to be sufficient indication of usefulness to justify the effort to determine with some degree of accuracy, the scope of its applicability in Osteopathic diagnosis.

In the classes in surgery however its recognized usefulness will be fully explained and exemplified, and students will be carefully instructed in the technique of its operation as well as in the selection of cases for its application.

TO TEST THE LAW.

H. E. NELSON, D. O., the well known and successful Osteopath, located at Lexington, Kentucky, proposes to push the battle in that state to determine his rights under the law, to follow his profession, undeterred by the persecution of the medical profession entrenched behind special statutes and class legislation, which they have succeeded in having enacted by complaisant or careless legislators. The following is from the Louisville Courier Journal of July 27th:

Harry Nelson, a graduate of the American School of Osteopathy at Kirksville, Mo., filed suit yesterday against the State Board of Health, asking that its members be restrained "from pursuing him criminally or setting on foot any criminal proceedings against him, or in any other manner interfering with or molesting him in his profession." He also asks for a writ of mandamus compelling the State Board of Health to recognize and indorse the American College of Osteopathy at Kirksville, "to the end that his diploma therefrom may entitle him to a certificate to practice his calling in this state."

The plaintiff says that after spending a term of years in study at the American School of Osteopathy he was graduated therefrom on September 15, 1897, and that

since then he has been practicing the Osteopathic system of healing for his own support and to the great comfort and relief of his patients suffering from divers sicknesses. He has adopted this as his life work and has no other means of livelihood.

"The system of comforting and healing the sick," which he practices, he says, "is a perfected system, and has in this state and other states the approval of most skilled and scientific men, and has organized by law in this state and many states schools and colleges, in which most learned professors, versed in its doctrines, taught therein, give their time and attention honestly and faithfully to the instruction of pupils in the various branches deemed proper and necessary for a scientific application of the principles of the school, for the comfort and health of the patrons of the same, who exist in large numbers in this and other states.

The members of the State Board of Health, the plaintiff alleges, and others connected with it are giving it out in speeches that they intend to institute criminal proceedings against him for the practice of Osteopathy and to keep up the prosecution until he abandons it or leaves the state.

He says that he understands that the State Board of Health is preparing to prosecute him under and by authority of the act on "Empiricism," approved April 10, 1893. This act, he alleges, is in violation of the Bill of Rights. He further says that in case the court finds the act constitutional and enforceable against him, in the acts of the General Assembly it is among other things provided that "nothing in this law shall be construed as to discriminate against any peculiar school or system of medicine." He alleges that the State Board of Health is discriminating against the School of Osteopathy and that it is entitled to recognition.

SPECIAL ANNOUNCEMENT IN REFERENCE TO SURGERY.

IT has been decided by the management of the A. T. Still Infirmary and American School of Osteopathy to increase its usefulness. This is in line with the design of the school, one of the objects of which is, according to the charter "to improve our present system of surgery." According to the statement published in the new catalogue of the American School of Osteopathy "the introduction of surgery into the realm of Osteopathy is the culminating point where these two accurate sister sciences are placed side by side. It is not intended that beneficent nature should be so outraged as to have recourse to the knife at every indication of a disordered function,

seeing that Osteopathy herself supplies the lacking force necessary to restore the aching void and reduces the proportion very considerably of the necessity for such measures."

This is the age in which surgery has run wild, surgeons being found ready at almost the slightest indication of a diseased condition to use the knife in cutting and carving the human subject. There are cases in which surgery is a necessity and recognizing such cases it is our intention to use the surgeon's instrument only where such a necessity exists, thus indicating the path along which regenerated surgery may be directed so as to set up the twin sciences, Surgery and Osteopathy, as correlative departments of the great science of medicine. Discarding the use of and denying the necessity of drugology we believe that we have a perfect science of medicine whose function is to preserve health and life, and when attacks are made upon the human system in any of its parts by disease, accident or malpractice so to employ the enlightened principles of Osteopathy and Surgery as to maintain the even balance of life and make life worth living.

With this laudable ambition provision has been made to undertake the treatment of cases which are of a surgical nature, recognizing that there are such cases as require the services of a surgeon. A surgical staff of operators with extensive experience in some of the foremost hospitals and surgical wards in this country and Europe is now in connection with the institution and prepared to undertake all kinds of surgical work, so that the class of patients hitherto recommended to go elsewhere will be attended to in the future entirely under the supervision of the combined Osteopathic and Surgical operator. This has its advantage because Osteopathy can be of great service in preparing patients for surgical operation and also in toning up the system and regulating the circulation of the blood and the nervous system after the operation has been performed.

A very elaborate X-Ray apparatus is also being added and considering the possibilities of this great addition of science in the diagnosis of complicated conditions, it will be of special value in its proper place which it occupies here as a part of the surgical apparatus. No effort will be spared and all that

human skill can do will be done to accomplish the best results for those entrusting themselves to our care and attention.

These changes have been made largely for the purpose of keeping up with the advances of modern science and for the accommodation of the very extended clientel belonging to the institution. This notice is now given of the fact so that all the interested readers of the JOURNAL may know and communicate this information to their friends. The greatest care will be taken of and courtesy shown to all who may avail themselves of

this opportunity. None of the private patients are exhibited to the students or operated on before them. In some cases patients express their willingness for their condition to be seen by the students and in these cases some of the senior students may be allowed to be present, but never without the permission of the individual patients.

Further information may be obtained by addressing the Infirmary and patients will always be welcomed at the Infirmary or attended in private in the town if unable to come to the Infirmary.

~~~~~

Prof. William James of Harvard University is an M. D. of the class of 1886, but is a psychologist and not a practitioner. He has a very distinct recollection of the anatomic part of his examination. When he came before the genial Oliver Wendell Holmes, the latter asked him some questions about the nerves at the base of the brain. It so happened that the examinee was well up on that subject and he gave a pretty exhaustive reply. "Oh, well, if you know that you know everything," said Dr. Holmes, cheerfully, "let's talk about something else. How are all your people at home?" "In that pleasant way," says Dr. James, "I completed my examination in that subject. I do not remember having encountered any difficulties in any of the subjects. The examination for the degree was oral and lasted just an hour and a half. These ninety minutes were equally divided among nine subjects, ten minutes to each. Each of us as he came in took a seat at a desk, behind which stood the professor who was to conduct the examination in that particular subject. The professor asked the questions and we answered them as best we could. Out in the hall stood the janitor beside the big gong, and at the expiration of the ten minutes he pounded the big gong. This was the signal for all the students to get up and change desks, much after the manner of your progressive eucher parties. There were two other matters to be attended to before I got my M. D. I had to write a thesis, and I did it. Then I went to the dispensary and took a case for diagnosis and treatment. There was a lump on the back of the man's neck which I diagnosed as a carbuncle, and for which I prescribed hot poultices. It was with feelings of apprehension that I learned later that the patient was suffering from an internal disorder, and the test was on that. However, the examining board were very kind about it. They admitted that my course in diagnosing the first trouble I came across in my patient, namely the carbuncle, which was plainly apparent to the examiner's eye, was quite natural, and said that my treatment was the proper one. Therefore I was adjudged satisfactory.—*Medical Journal.*





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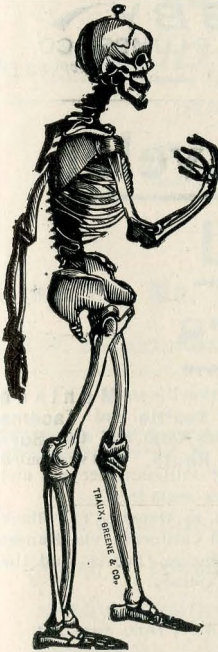
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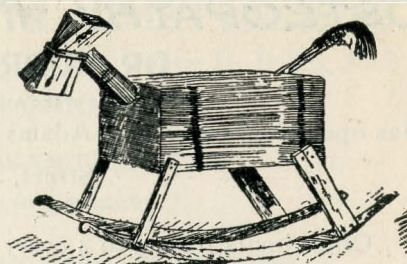
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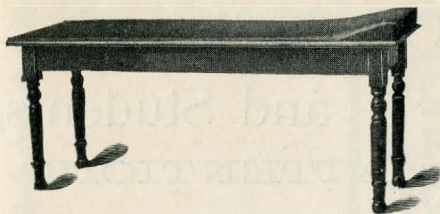
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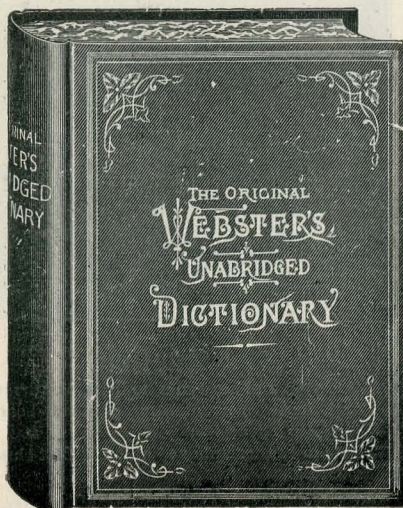
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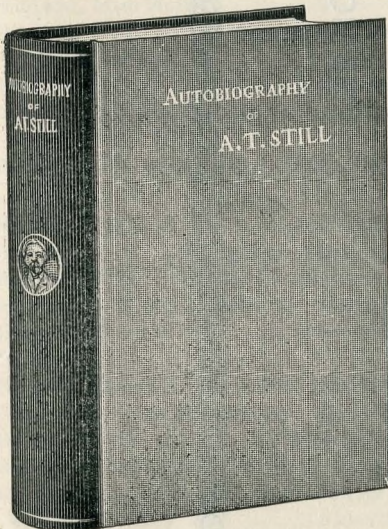
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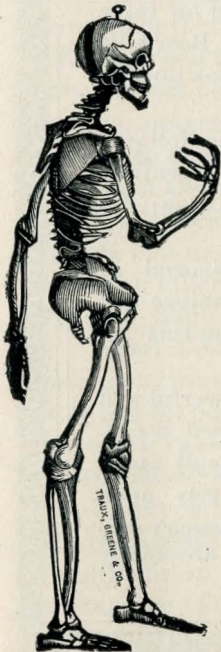


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